

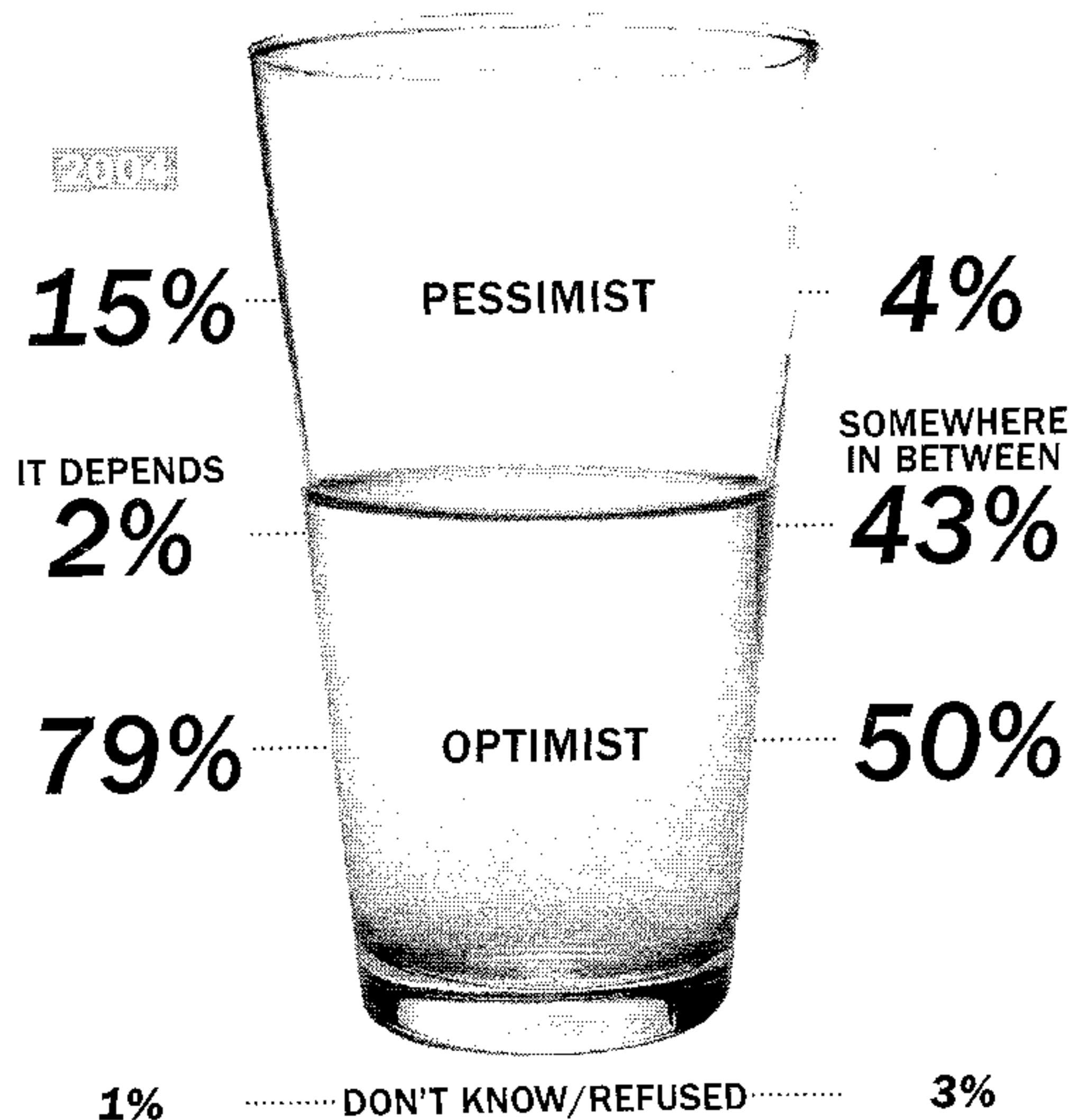
PART
2

GOT JOY?

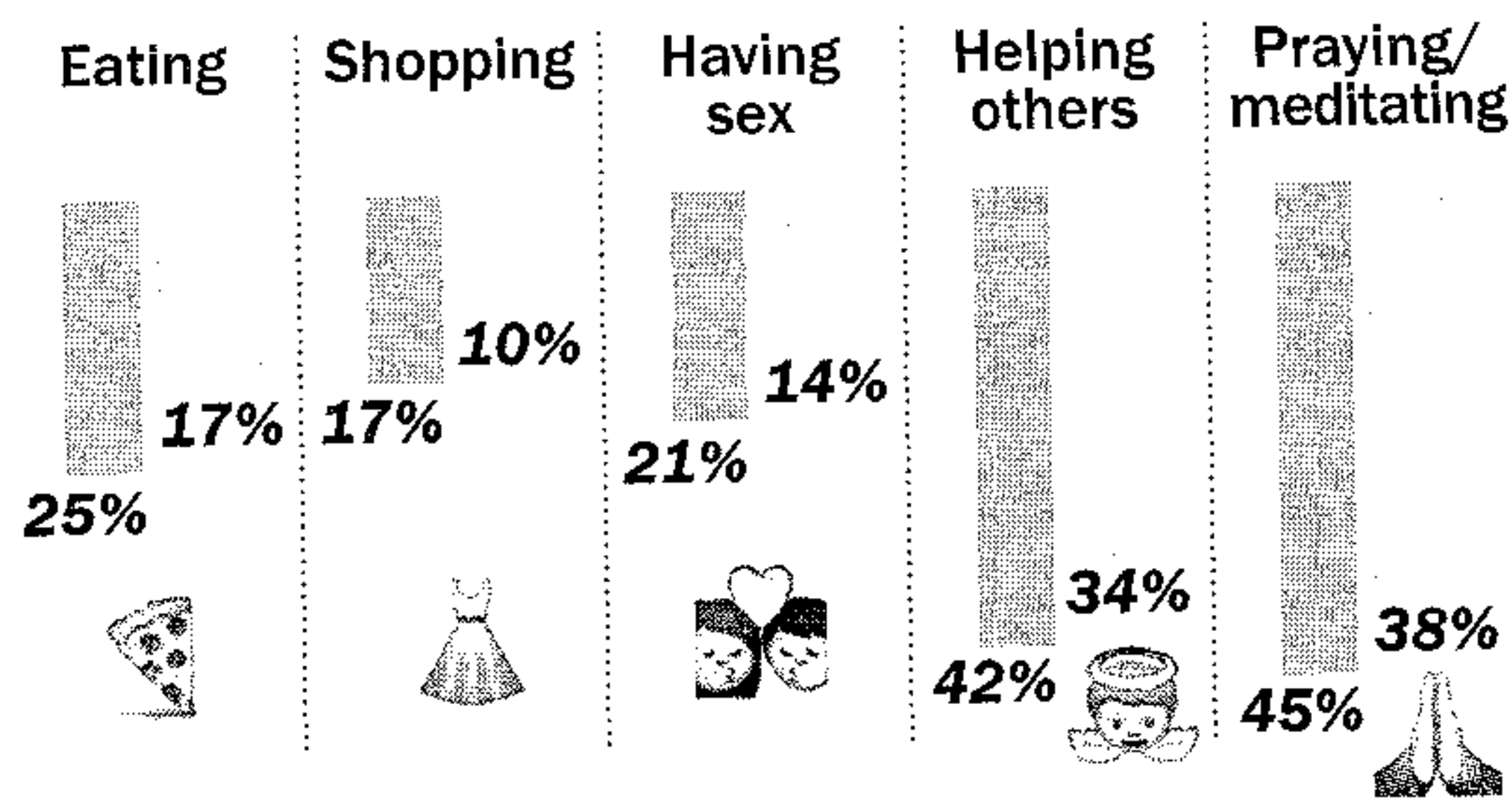
THE TIME POLL ASKED AMERICANS WHAT MAKES THEM HAPPY.
HERE'S HOW THEY ANSWERED

1. THEN AND NOW

Do you consider yourself an optimist or a pessimist?



Fewer people are doing these things to improve their mood

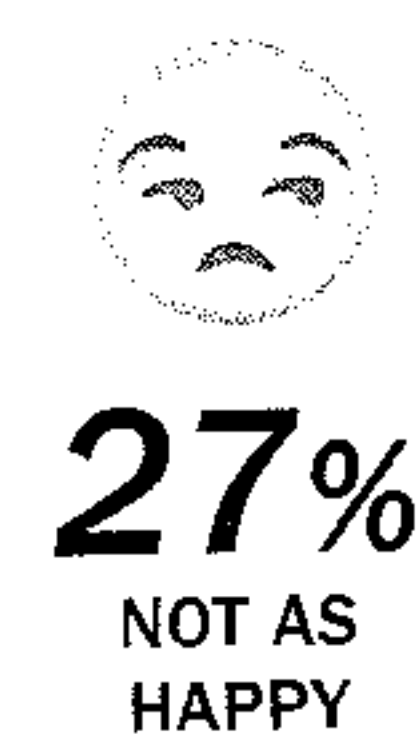
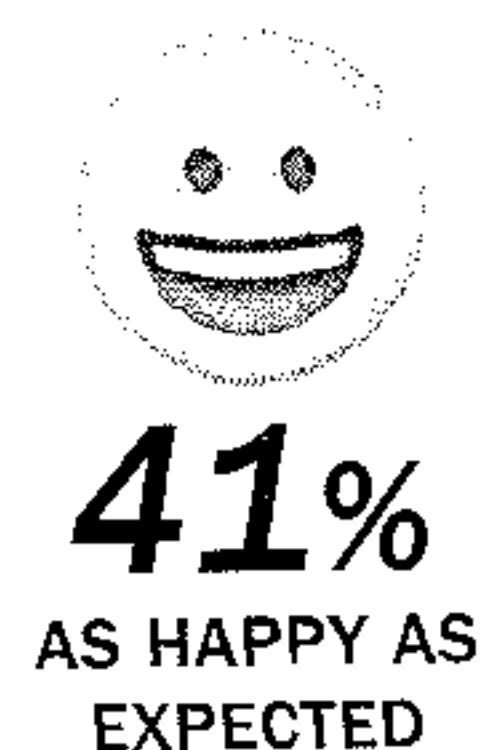


But people are spending time on social media

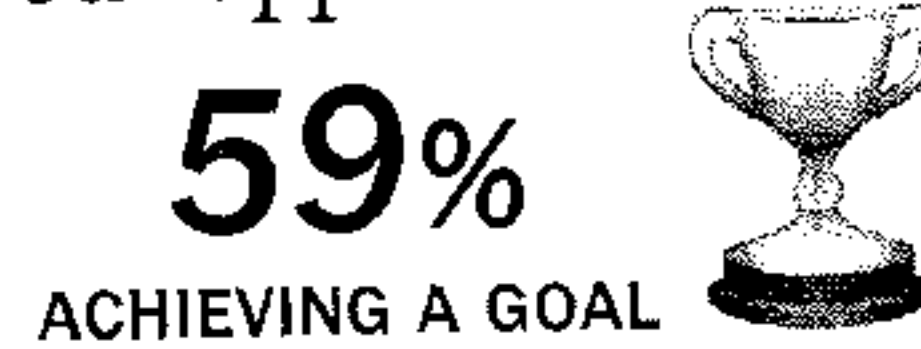
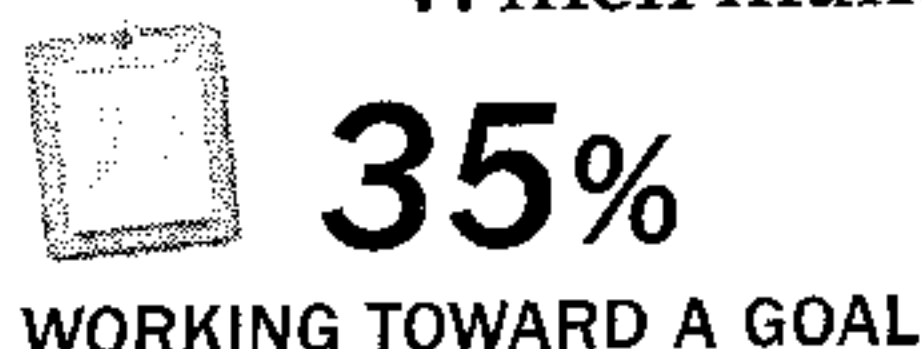


2. HOW HAPPY ARE YOU?

Are you now as happy as you expected to be at this stage of life?



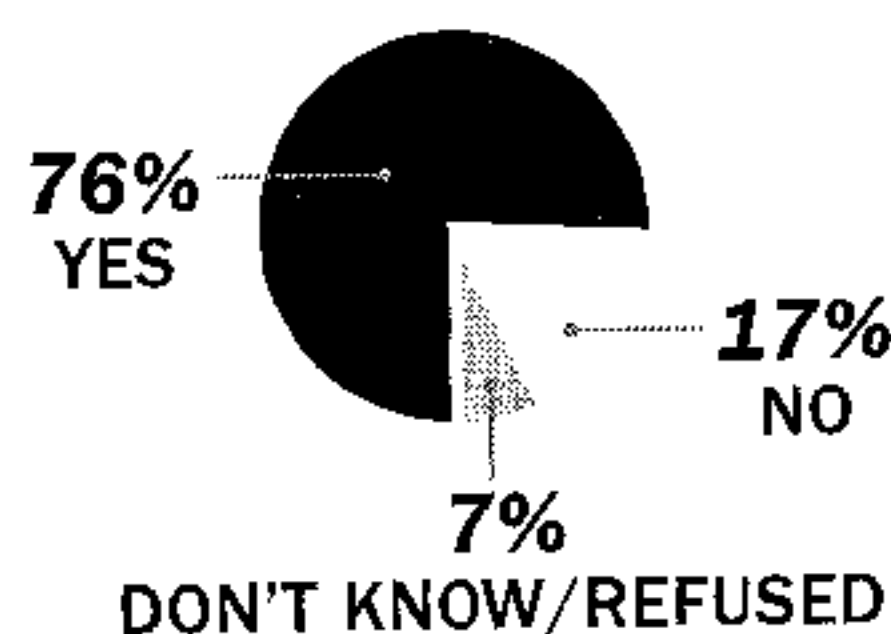
Which makes you happier?



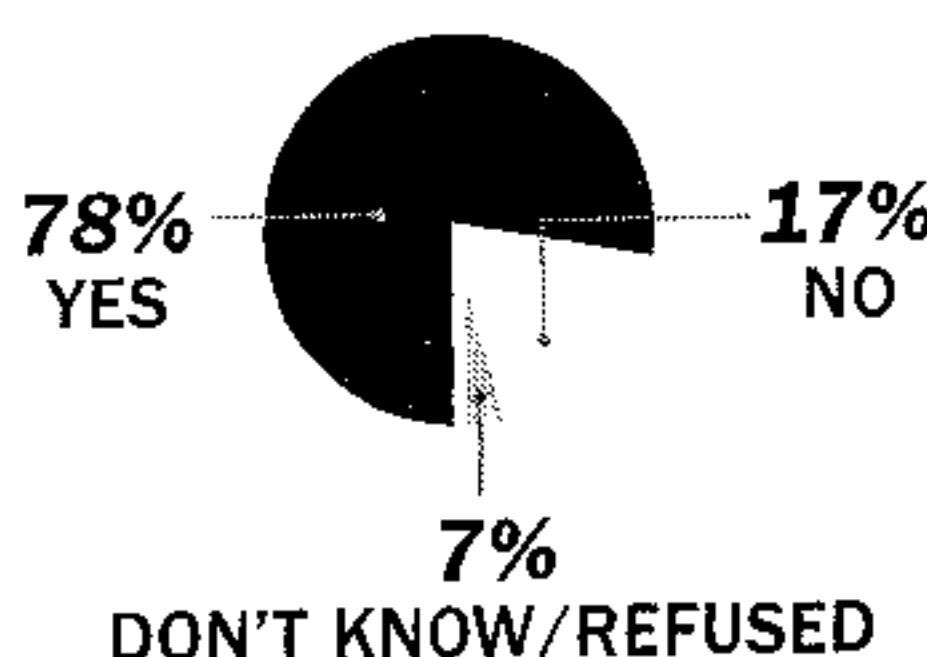
Science says savoring the journey brings joy, even if we don't realize it

3. SOCIAL MEDIA

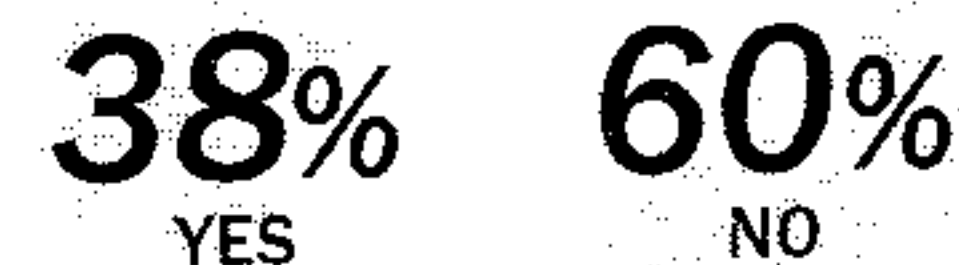
Do you believe that on their social-media profiles, other people make themselves look happier, more attractive and more successful than they really are?



Do you believe your social-media profile reflects what you're really like?



Have you ever felt **BETTER** about your life after spending time on a social-media site?



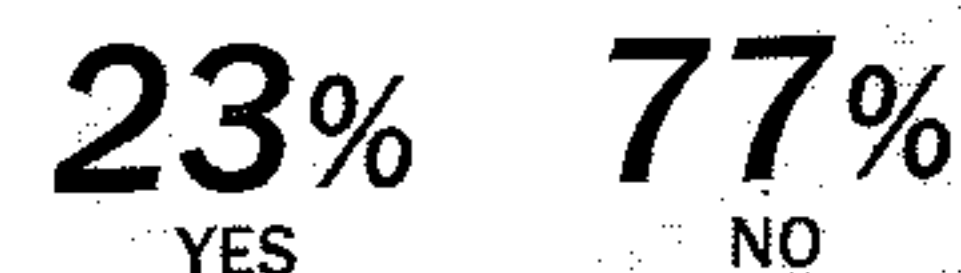
Democrats felt better after spending time on social media because they felt more connected to others



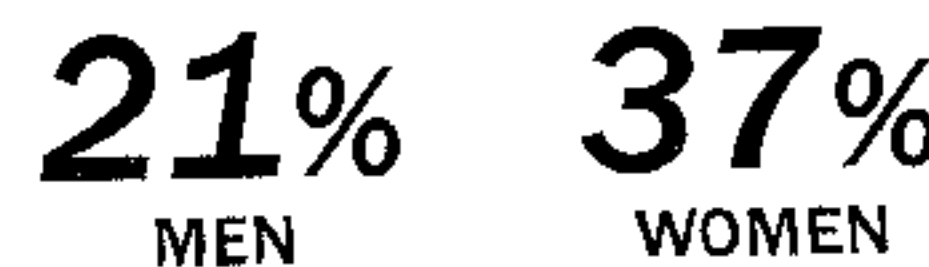
Republicans felt better after spending time on social media because they felt happier for others



Have you ever felt **WORSE** about your life after spending time on a social-media site?



More women felt worse after comparing themselves with others on social media



More women felt more isolated from others after spending time on social media



When asked whether the number of likes on one of their social-media posts had ever changed their mood or self-esteem, more Democrats answered yes

